

# Keep Your Child Healthy

Make and keep checkups to keep your child healthy.

Call 1-800-259-4444 for help scheduling your child's KIDMED appointment.



Health problems may be hidden. Some problems can lead to permanent disability if left untreated.

The earlier health problems are found, the easier it is to correct them or stop them.

The KIDMED program will start your child on a healthy life by providing:

- Complete physical exams
- Dental exams
- Vision and hearing checkups
- Immunizations (shots)
- Blood and urine tests
- Sickle cell anemia tests
- Health education

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# Developmental Milestones and Health Topics

Be sure to talk to your doctor about these topics when you keep your child's KIDMED screening appointment.

At This Age	Look for These Things
2 Years	Be sure your child can kick a ball, has a 20-word vocabulary, uses two-word phrases and has up to date immunizations.
3 Years	Be sure your child shows imagination, rides a tricycle, knows name, age, sex and can copy a circle and a cross.
4 Years	Be sure your child hops, jumps on one foot, throws overhand ball, can sing a song, draws a person, gives first and last name and can build a tower.
5 Years	Be sure your child can copy a triangle and square, dress without help, knows telephone number, address and can count on fingers.
6 Years	Before your child begins going out in the community, be sure the child is able to remember safety rules and understand them well enough to adapt them for different situations. Adult supervision is needed for swimming and other water sports. The child should wear appropriate protective equipment for organized sports.
7-9 Years	Is your child reading at grade level? Is your child doing math at grade level? Anticipate that the child may make errors in judgment because she is trying to imitate peers.
10 Years	Be sure that your child has a hearing, vision and blood pressure screening. Be sure that the immunization status is up to date. Anticipate that the child may make errors in judgment due to increased risk taking behavior. Teach the child how to swim. Encourage the child to eat three regular meals per day and nutritious snacks.
11 - 14 Years <i>Early Adolescence</i>	Be sure that your child has Measles, Mumps and Rubella (MMR) Vaccine and Tetanus and Diphtheria (Td) Vaccine. Make sure that your child receives Hepatitis B Virus (HBV) Vaccine if not administered previously. Tuberculin test (PPD) is needed once at 14-16 years of age if no risk factors are present. Decide with your child what things can be done alone, including staying at home alone. Spend time with your child and respect the child's need for privacy.
15 - 17 Years <i>Middle Adolescence</i>	Be sure that your child has an annual pap smear for sexually active females. Reach an agreement with the adolescent about limits, consequences for breaking rules and appropriate disciplinary actions. Spend time with your child and respect the child's need for privacy.
18 - 20 Years <i>Late Adolescence</i>	Be sure that your child wears a seat belt while driving or riding in the car. If your child is driving, insist that passengers wear seat belts. Ask your child about smoking, drinking or using drugs, diet pills or steroids. Teach your child to avoid high noise levels, especially in music headsets. Help your child develop skills in conflict resolution, negotiation and dealing with anger constructively.